Arlington Council on Aging

Agenda

Date: Thursday October 21, 2021 Time: 6:00 pm

Location: Due to COVID-19 Pandemic, this meeting will be conducted virtually via Zoom, following the rules set forth by the Governor's Executive Order on Remote Participation. These meetings are open to the public and all are welcome.   Please call 781-316-3401 or e-mail *KShah@town.arlington.ma.us* for the link to join the virtual meeting which can be accessed by computer with internet access or by telephone for audio access only.

Kristine Shah, Executive Director

Michael Quinn, Chair

Sheila Connerney, Secretary

The Council's primary responsibilities are to design, promote, and implement programs and services to address the needs of the community's elder population, and to coordinate existing services in the community.

1. Call to order

2. Citizen's Open Forum

3. Minutes of the September 2021 meeting for approval

4. Executive Director's Report

5. Report of the Chair

6. Minuteman Senior Services Report

7. ASA Liaison Report

8. Old Business

       a. update on Civilian Police Advisory Board- Anne Brown

9. New Business

       a. Thank you for your 6 years of service to the Board, Rick!

10. Other Community Announcements

11. Adjourn - **Next meeting: November 18, 2021**

Executive Director's Report

Kristine Shah

I.   Center Renovation Update
   a. Timelines- we have been told that the furniture will be delivered on December 1
   b. Town Hall Auditorium has been secured for indoor programming once the weather is not able to accommodate outdoor programming in Robbins Gardens and MacLennen Park

II.   COA Services and Program Update
   a. One of our most popular yoga classes pre-pandemic started up outdoors this month; they will be one of the first classes to transition indoors to town hall in November.
   b. Spooky Stroll scheduled for October 28 at MacLennen Park. Featuring Maple Street Singers who have been meeting virtually throughout the pandemic.
   c. In honor of Veteran's Day, we are having a virtual program with John Clark on November 10 and a "Wartime Fashion" program on November 2.
   d. We are looking for ways to promote our new virtual program, Dementia Friendly Fitness. Thanks to a $7,800 grant from I'm Still Here Foundation, we began offering virtual fitness classes to residents living with dementia and their caregivers.
   e. After evaluating the CSFP food program with recipients and Arlington EATS, we will be transitioning to a more personalized program with Arlington EATS. This transition will allow for residents to receive more of the food that they're requesting.
   f. We are in the beginning stages of planning our Thanksgiving morning turkey dinner delivery program. Our goal will once again to deliver meals to 100 isolated older adults in Arlington.
   g. Annual Sage Table event will be held in person, November 18 at Town Hall. This is one of the biggest programs we run as a part of our LGBTQIA+ group.

III.   Age Friendly/Dementia Friendly
   a. Our 5 Age Friendly/Dementia Friendly Work Groups took place in September; thank you to all board members who participated. Age Friendly/Dementia Friendly Action plan is in the process of being drafted by UMass.

IV.   Other
   a. A 5th COA van driver has been hired and is currently training. We are providing free van rides to Arlington EATS market, which has also increased our rider volume this month. Market Basket rides on Tuesdays have also become extremely popular.
   b. We began using Uber again last month for medical rides and are prioritizing educating residents on using ride sharing once again.
   c. We hosted 3 in person, senior flu vaccine clinics in September at Drake Village, Winslow Towers and Town Hall. We had over 100 residents come to the town hall clinic and our nurse is currently doing in-home vaccinations for those who need it.
   d. Link to COA newsletter: https://www.arlingtonma.gov/departments/health-human-services/council-on-aging/senior-newsletter
   e. November ACMI 60+ Connection will feature interview with Cooperative Elder Services, our partner for Adult Day Health programming.